

ONLINE RACE BRIEFING

A. GENERAL INFORMATION

Communication

Please take your time to read the ÖTILLÖ Online Race Briefing of the 19th Swimrun season. For each event, you will receive an additional ÖTILLÖ Newsletter with the **Final Racer Info** via email. At the on-site registration, one of the Race Directors will be present for you to answer specific questions. Five minutes before each start we will have a quick briefing by the start line to inform you about race specifics.

On-site Registration

Please pick up your start pack during the distribution times found on the website. To receive your start pack, you will have to display your **photo-ID** and your personal **QR-Code** that you will receive via email two days before the race. If you race in a team, both team members need to come to the bib distribution together. If you plan to race with fins, you need to bring these so that we can verify that they are in line with the rules. Read the race specifics on the website to find out all requirements for your race.

Race Bibs & Swim Caps

The season bibs indicate your race distance and your category. The World Series participants wear a red bib & swim cap and follow the red signs on course, the Sprint participants wear an orange bib & swim cap and follow the orange signs on course, and the Experience participants wear a purple bib & swim cap and follow the purple signs on course. The colorful chest stripe indicates your race category.

- Black = Men Team
- Green = Mixed Team
- White = Women Team
- Yellow = Men Solo
- Blue = Women Solo

World Series Men's Team	World Series Mixed Team	World Series Women's Team	World Series Men Solo	World Series Women Solo
				
Sprint Men's Team	Sprint Mixed Team	Sprint Women's Team	Sprint Men Solo	Sprint Women Solo
				
Experience Men's Team	Experience Mixed Team	Experience Women's Team	Experience Men Solo	Experience Women Solo
				

For environmental reasons, the race bibs are washed and reused. Please do not cut or tear them apart.

Bag Drop

If there is a bag drop, we will let you know on our website and in the **Final Racer Info**. Please bring just a small bag, not your luggage. We have limited space. Please do not leave any valuables, the bag drop is not guarded.

Energy Stations

Check out, where the energy stations are, on our interactive race maps. Please note that you need to carry your own **Foldable Cup** or **Soft Flask** since we do not serve single use cups. Also, please throw your garbage in the garbage bins at the stations. Do not litter on course because you will be disqualified.

Finish Line

Please keep moving through the finish line. You will need to leave your race bib, timing chip, and GPS tracker (if applicable). This applies for all races.

Prize Giving Ceremony

The prize giving ceremonies are in the schedule for each race. Make sure you are there if you finished on the podium of your category.

B. RACE SPECIFIC INFO

How to Race

As a racer, you are responsible to come prepared to your race. That means that you must know the rules, read the schedule, and understand the course. Make sure you check the weather, air, and water temperatures and dress appropriately and use the correct equipment. Please respect other racers, the organization, and nature. Race at your best and do it in a respectful manner.

Mandatory Gear

1. MANDATORY GEAR THAT YOU NEED TO BRING YOURSELF

- 1 wetsuit per person
- 1 whistle per person
- 1 first aid pressure bandage (if racing in a team 1 per team)
- 1 foldable cup or soft flask per person

Please note that you can buy whistles, first aid pressure bandages, foldable cups, and soft flasks at the Merch stand onsite.

2. MANDATORY GEAR THAT YOU RECEIVE

At registration on-site you will receive the following:

- A timing chip one for each racer. That needs to be attached to your ankle. You attach it with the Velcro band in the starter pack, and you can have it underneath your sock. You need to return your chip. A lost or a non-returned chip will cost a fee of 100€.
- The race bib needs to be always worn on the outside.
- The Swim cap needs to be worn on all swims.
- If you receive a GPS tracker at registration, it must be carried (Solo: 1 per person/ Team: 1 per team).

Basic Rules

- If racing in a team, always stay together meaning not further apart than 10 meters. You will be penalized.
- It is not allowed to receive coaching or assistance from third parties or pacemakers that leads to an advantage over other teams, such as drinks, food, slipstream or similar. You will be disqualified.
- It is not allowed to litter. You will be disqualified.
- Read the full rules on the webpage.

Cut-Offs

- Cut-offs are clearly marked on the maps and ensure a safe race for all racers.
- The cut-off times are firm, and we will apply them.

Abandon the Race

- If you choose to abandon the race, please inform a person with a staff vest as soon as possible.
- Either go to the finish line on your own, or we will organize transport back to the finish line for you.
- Drop off your bib, timing chip, GPS tracker (if applicable).

Safety

- Along the course, we have staff that are wearing yellow vests.
- We have safety boats / kayaks for swim sections.
- We have a medic team in pink vests along the course.
- If there is another racer that is in an emergency, help them until someone from the organization comes.

Course Marking

1. RUN SECTIONS

The entire course is marked, and you must follow the course. On land, we use:

- **Orange Flags** every 50-250m (dependent on the course).
- Some **Ribbons**, where it is not possible to use orange flags.
- **White signs** for general directions at intersections
- **Colorful signs** for courses splits. Follow the sign with the color of your race bib/ swim cap.



2. SWIM SECTIONS

The entire course is marked, and you must follow the course. The swim sections are marked as follows:

- **Swim Section Sign** on each entry of a swim.
- **Orange Beach Flags** on each exit of a swim.
- **Buoys** on long swim sections or on a swim, where you cannot see the exit.
 - **Orange Buoy** is for direction, and you can swim on either side of it.
 - **Red and Green (Buoys) – Swim in between:** You need to swim between the two buoys.



GOOD LUCK AND HAVE FUN!